

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

March 2012

Deviled Eggs Green Beans and Ham Sparkling Punch Bean Bake Almond Bars

Green Beans and Ham

1 pound fresh green beans
½ teaspoon oil
¼ cup chopped onion
½ cup chopped ham
1 cup water
Salt and pepper to taste



1. Wash green beans and remove stems.
2. Heat oil in a large skillet. Add onion to oil and cook over medium heat for 2 minutes, until onion is tender.
3. Add green beans, ham and water to skillet. Season with salt and pepper.
4. Cover and cook over medium heat for 20 minutes, stirring occasionally, until beans are tender. Add more water if needed.

Recipe source: www.numatters.com

Nutrition Note: This recipe makes 4 servings. Each serving has 70 calories, 1.5 grams of fat and 9 grams of carbohydrates.

Deviled Eggs

6 hard cooked eggs, cooled
½ teaspoon mustard
¼ teaspoon salt
¼ teaspoon pepper
3 tablespoons light mayonnaise
1 tablespoon onion, finely chopped
Paprika to taste



1. Remove shells from the eggs and cut in half lengthwise. Carefully remove yolks and place in a small bowl.
2. Mash yolks with fork. Add mustard, salt, pepper, mayonnaise and onion; mix until fluffy.
3. Fill egg white halves with yolk mixture. Sprinkle with paprika.

Note: To hard cook eggs: Place eggs in a large kettle. Fill the kettle with enough cold water to cover the eggs and bring to a boil. Cover, remove kettle from heat, and let sit for 15 minutes. Drain and rinse with cold water.

Nutrition Note: This recipe makes 12 servings. Each serving has 50 calories, 3.5 grams of fat and 1 gram of carbohydrates.

Breastfeeding:

Why breastfeed?

"I breastfed because it is the healthiest thing for your baby. I've given formula a couple of times, and it doesn't agree with him. Breastmilk is made for a reason!"

~ Michelle, WIC Breastfeeding Mom from Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.



Sparkling Fruit Punch

2 cups orange juice
6 ounces pineapple juice
1 cup apple juice
12 ounces club soda



1. In a large pitcher, combine the fruit juices and club soda.
2. Pour over ice when serving.

Nutrition Note: This recipe makes 10 servings. Each serving has 45 calories, 0 grams of fat and 10 grams of carbohydrates.

Cut Back on Your Kid's Sweet Treats

Sip Smarter: Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water when kids are thirsty.

Source: www.ChooseMyPlate.gov

Almond Bars

1 cup sugar
½ cup butter, softened
1 egg
½ teaspoon almond extract
1¾ cups flour
¼ teaspoon salt
2 teaspoons baking powder
1 tablespoon skim or 1% milk
½ cup sliced almonds

Frosting:

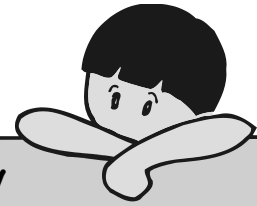
1 cup powdered sugar
1 to 2 tablespoons skim or 1% milk
¼ teaspoon almond extract



1. Preheat oven to 325 degrees. Coat baking sheets with nonstick cooking spray.
2. In a mixing bowl, cream sugar and butter. Beat in egg and almond extract.
3. Combine flour, salt and baking powder in another bowl. Add to creamed mixture and mix well.
4. Divide dough into fourths; roll each fourth into a 12x3-inch rectangle. Space each rectangle 5 inches apart on baking sheets.
5. Brush each rectangle with milk, then sprinkle with almonds.
6. Bake for 18-20 minutes or until firm to touch and edges are lightly browned.
7. Cool on pan for 5 minutes; then cut diagonally into 1 inch slices. Remove to wire racks to cool completely.
8. In a small bowl, combine frosting ingredients and mix until smooth. Drizzle over bars.

Nutrition Note: This recipe makes 36 bars. Each serving has 90 calories, 3.5 grams of fat and 14 grams of carbohydrates.

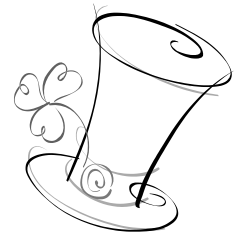
Turn Off the TV



Pretend you are at a zoo. Identify an animal – move and sound like that animal.

Bean Bake

½ pound lean ground beef
¼ cup chopped onion
4 slices bacon (optional)
1 can (15-16 ounces) butter beans, drained
1 can (15-16 ounces) kidney beans, drained
1 can (15-15.5 ounces) pork and beans
½ cup ketchup
¼ cup vinegar
¼ cup sugar
1 teaspoon dry mustard



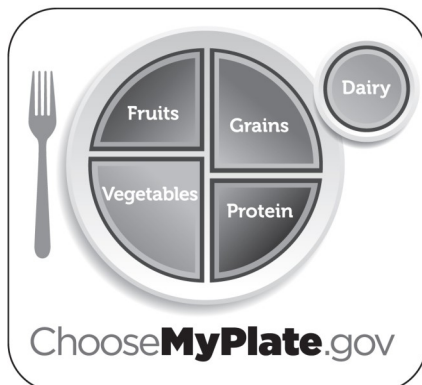
1. Preheat oven to 350 degrees.
2. Brown ground beef and onion in a large skillet. Drain fat; set aside.
3. Cook bacon until crisp. Drain and crumble.
4. Combine all ingredients in a large baking dish or crock pot.
5. Bake 1 hour in the oven or 8 hours on low in a crock pot.

Nutrition Note: This recipe makes 8 servings. Each serving has 240 calories, 5 grams of fat and 37 grams of carbohydrates.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children
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GROWING HAPPY FAMILIES



Think small when it comes to portion sizes.

Use a smaller plate, bowl and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish or take home part of your meal.